



Article Side

Golf Nutrition: Not another Sugar Rush by [Travis Belfon](#)

Article published on January 23rd 2012 | [Sports](#)

Golf power, without waxing too poetic about it, is about three things: The calmness before the shot, the smoothness during the shot, and the follow-through to cap it off. Unfortunately, by the time we™re able to appreciate and apply the subtleties behind those three things, it is unreasonable to expect the body to consistently send the ball 300 yards down the fairway.

The human body is a complex machine, but it works on simple rules. It needs specific nutrients, like golf nutrition, and a way to absorb it. As we get older, the body™s mechanisms for absorbing nutrients and energy from the blood, called catalysis, become weaker. Among other things, this accounts for why we become tired quicker as we age. The ingredients of GolferAID not only replenish the nutrients your body and mind need for golf power, but they also help the body absorb those nutrients quicker for more golf nutrition.

These ingredients include:

• Glucosamine is a well-known dietary supplement recommended for the health of cartilage and bones. Joints, which are constructed mostly of cartilage, need the most replenishment between rounds since they channel all the power in the body.

• Vitamins A, C, and E promote good eyesight. Whether you™re eyeballing the top of those trees one hundred yards away or staring down the green for a difficult putt, having your eyes sharp and clear is extremely beneficial.

• GolferAID has a huge number of ingredients of this sort, like epimedium, B complex, bilberry, calcium, magnesium, potassium, MSM and turmeric, among others. All of these supplements play some role in the body™s ability to refresh quickly and thoroughly.

Last, but certainly not least, GolferAID is a natural drink in the most literal sense of that word. Not a single one of the 2691 mg of supplements in each can is synthetic. Additionally, this nutritional drink contains up to 35 times the supplements in competing sports drinks with 25 grams less sugar than the competition. Avoid the undependable rush of sugar- or caffeine-based drinks and choose the nutritional and powerful alternative that will improve your golf power and fuel your body™s needs.

Today, GolferAID is available in leading clubs and sports facilities. There are also special membership packages that may be purchased online for substantial savings. Always have GolferAID at hand when you want it, by stocking your own supply ready for the greens.

Article Source:

<http://www.articleside.com/sports-articles/golf-nutrition-not-another-sugar-rush.htm> - [Article Side](#)

[Travis Belfon](#) - About Author:

If you™d like to attain an extra edge [golf power](#) plays, it is advisable to take supplements or energy drinks, like GolferAID. Learn more about this exciting and powerful solution for improving golf performance through a [golf nutrition](#) visit www.golferaid.com.

Article Keywords:

golf nutrition, golf power

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!